

HORARIO DE ACTIVIDADES

#SOMOSSALUD

Disponible en la app Clubs Áccura



áccura

SPORT & WELLNESS

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:15	TBC 30'	PILATES 40'	á-WOD Endurance 55'	á-DANCE 40'	YOGA 30'		
8:15	PILATES 50'	LATINO 30'	á-CYCLING Tres Puertos 45'	MEDITACIÓN 35'	á-CYCLING Interválico 45'	TBC 25'	HIIT con rollos 45'
9:15	LATINO 45'	á-CYCLING Alta intensidad 45'	TBC con bandas 30'	á-FIT 35'		YOGA 55'	YOGA 35'
9:30			PILATES 55' <b>LIVE!</b>		TBC 55' <b>LIVE!</b>		
10:15	á-CYCLING 30'	TBC 20'	á-DANCE 20'	á-CYCLING 30'	á-DANCE 40'	á-CYCLING 30'	á-CYCLING 45'
10:15	á-WOD Endurance 50'			HIIT con bandas 30'		HIIT con bandas 30'	
11:15							TBC 45'
12:15	YOGA 45'	á-DANCE POP 20'	HIIT 45'	GAP 35'	PILATES 40'		
14:15	á-FIT 35'	á-FIT 40'	PILATES 35'	á-DANCE 40'	á-CYCLING Interválico 45'		
17:15	YOGA 50'	PILATES GAP 30'	á-CYCLING 30'	PILATES 30'	TBC 45'		
18:15	TBC 55' <b>LIVE!</b>	ZUMBA 55' <b>LIVE!</b>	á-WOD Endurance 50' <b>LIVE!</b>	ZUMBA 55' <b>LIVE!</b>	LATINO 45'	STRETCHING 35'	MEDITACIÓN 15'
18:15					á-CYCLING Tres Puertos 45'		
19:15	á-DANCE 40'	á-WOD Endurance 55'	YOGA 45'		YOGA 35'		
19:15		á-CYCLING Interválico 45'		á-CYCLING Interválico 30'			
20:15	á-FIT 50'	TBC con silla 45'	LATINO 45'	TBC con barra y discos 30'			